

What She Ate

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HEALTH SCORE

Grilled Salmon

☒ Gluten Free ☒ Dairy Free ☒ Very Healthy

READY IN

ready

60 min.

SERVINGS

servings

6

CALORIES

calories

360 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 0.1 teaspoon garlic powder
- ☐ 4 green onions thinly sliced
- ☐ 0.3 cup juice of lemon
- ☐ 0.5 cup olive oil

- ☐ 3 pounds salmon fillet
- ☐ 0.5 teaspoon salt

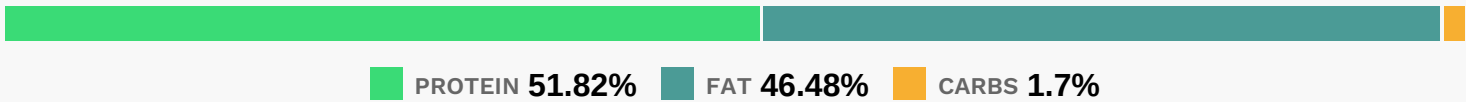
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Combine olive oil, lemon juice, green onions, parsley, rosemary, thyme, salt, black pepper, and garlic powder in a small bowl. Set aside 1/4 cup of the marinade.
- ☐ Place salmon in a shallow dish and pour the remaining marinade over the top. Cover and refrigerate for 30 minutes.
- ☐ Remove the salmon and discard the used marinade.
- ☐ Preheat grill for medium heat and lightly oil the grate.
- ☐ Place salmon on the preheated grill skin side down. Cook, basting occasionally with the reserved marinade, until the fish flakes easily with a fork, 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:24.33, Glycemic Load:0.15, Inflammation Score:-7, Nutrition Score:31.438695586246%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 359.58kcal (17.98%), Fat: 18.03g (27.74%), Saturated Fat: 2.73g (17.07%), Carbohydrates: 1.49g (0.5%), Net Carbohydrates: 1.16g (0.42%), Sugar: 0.45g (0.5%), Cholesterol: 124.74mg (41.58%), Sodium: 295.49mg (12.85%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.23g (90.46%), Vitamin B12: 7.21µg (120.2%), Selenium: 82.86µg (118.37%), Vitamin B6: 1.87mg (93.39%), Vitamin B3: 17.89mg (89.47%), Vitamin B2: 0.87mg (51.3%), Phosphorus: 458.44mg (45.84%), Vitamin B5: 3.8mg (37.98%), Vitamin B1: 0.52mg (34.7%), Potassium: 1151.06mg (32.89%), Copper: 0.58mg (28.96%), Vitamin K: 29.73µg (28.31%), Magnesium: 68.99mg (17.25%), Folate: 65.07µg (16.27%), Iron: 2.07mg (11.5%), Zinc: 1.5mg (10.03%), Vitamin C: 6.86mg (8.32%), Vitamin A: 243.8IU (4.88%), Vitamin E: 0.58mg (3.89%), Calcium: 36.3mg (3.63%), Manganese: 0.06mg (3.18%), Fiber: 0.33g (1.3%)